

BREAST IMPLANT MASSAGE INSTRUCTION

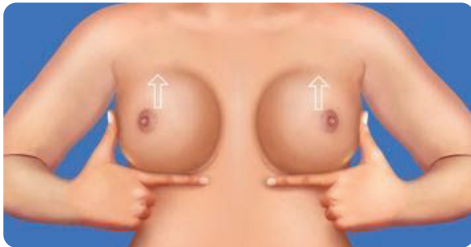
WWW.GENDERCONFIRMATION.COM

The purpose of breast implant massage is to create extra space in the breast pocket to prevent implant firmness, breast implant capsular contracture, and to allow the implant to settle in nicely and achieve a natural look.

Dr. Mosser will let you know when to start doing breast implant massage. It is very important that you only start doing these massages once Dr. Mosser has instructed you to do so.

It is recommended to do the following massages **3 times a day for 3 minutes**:

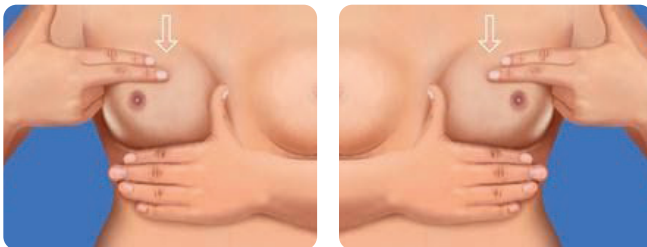
1



Massage 1:

Place thumb and pointer finger underneath breasts, by the fold. Push the implant upwards with these two fingers, as high as the implant will comfortably go. Hold for 1 minute.

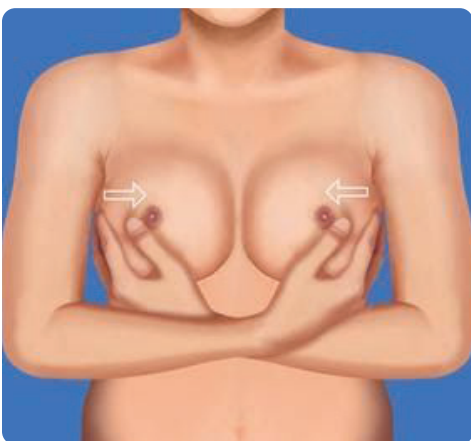
2



Massage 2:

Place pointer and middle fingers at the top of the breast, right above the top of the implant. Push implant down with these two fingers, while massaging the incision area with the other hand. Hold for 1 minute.

3



Massage 3:

ONLY PERFORM THIS PROCEDURE IF APPROVED BY YOUR SURGEON: Trans-feminine people who get breast implants are at risk for 'pseudo-symmastia,' a raising of the skin between the breasts, over the sternum. Pseudo-symmastia is related to the balance of the implant size and skin tightness, and this type of massage should not be done if any signs of pseudo-symmastia are present. If you think you might be experiencing pseudo-symmastia, please contact your surgeon before performing this type of massage.

If instructed to do so, cup hands around the outside of the opposite breast (Right hand on left breast, left hand on right breast). Push breasts together. Hold for 1 minute.



GENDER
CONFIRMATION
CENTER